

HEALTHY RELATIONSHIPS | Basic

NOTE: Sample answers are provided below each question. Listen for these responses. These are not all encompassing; they are ideas to generate discussion. If participants offer these answers, make sure the class knows they are accurate. If attendees are not participating, you can share the sample answers.

PRE-VIDEO QUESTION:

1. In your opinion, what are the key components of a healthy relationship?

Listen for: (Responses will vary.)

POST-VIDEO QUESTIONS:

1. When it comes to sex, communication is very important. What types of things should you and your partner communicate about?

- Listen for:*
- First and foremost, before you engage in any activity, communicating with your partner to ensure you have consent is a good idea.
 - Communicate during sex to ensure that your partner is still consenting.
 - Communicate if you want to change activities or do something different to ensure your partner is comfortable with the change.
 - Communicate if you are uncomfortable or do not consent to something your partner wishes to do.

2. Does all communication need to be verbal? Explain.

- Listen for:*
- No. Communication can also be non-verbal (using body language).
 - A non-verbal “yes” includes active participation.
 - A non-verbal “no” could include active physical resistance (pushing away), or silence, freezing, and/or submission.

3. Where might you go, or whom might you talk to, if you feel you are in an unhealthy relationship and need support?

- Listen for:*
- Call law enforcement if you are in imminent danger.
 - Fleet and Family Service Center counselors—for advice, guidance, and support.
 - Leadership—for guidance on the resources and support services available.
 - Friends—for support and guidance on the resources and support services available.
 - Contact a SARC or a Victim Advocate if you need to report a sexual assault; sexual assaults can and do happen in established relationships.

4. Several people at the end of the video talked about relationships in the military. What did you take away from that segment?

- Listen for:*
- The Navy/Marine Corps is a professional environment; we are here to complete a mission.
 - We need to be professional in our careers as well as in our personal relationships.

HEALTHY RELATIONSHIPS | Advanced

NOTE: Sample answers are provided below each question. Listen for these responses. These are not all encompassing; they are ideas to generate discussion. If participants offer these answers, make sure the class knows they are accurate. If attendees are not participating, you can share the sample answers.

PRE-VIDEO QUESTIONS:

1. In your experience, what are the key components of a healthy relationship?

Listen for: (Responses will vary.)

2. In your opinion, do young Sailors and Marines approach intimacy and relationships differently from your generation? Why or why not?

Listen for: (Responses will vary.)

POST-VIDEO QUESTIONS:

1. Several people at the end of the video talked about relationships in the military. What is your stance on this, and how does your workplace/unit/command enforce these standards?

Listen for: (Responses will vary.)

2. It can be uncomfortable to discuss relationships and sex with Sailors and Marines, but it is important to educate them about these topics—especially about consent and respect. How might you approach these conversations?

Listen for:

- Make it interactive—encourage them to participate in a discussion rather than lecturing them on a topic.
- Make it routine—tackle a health and wellness topic each week; or, suggest Sailors/Marines take turns teaching or leading a discussion.
- Make it sincere—if you are uncomfortable, they'll be uncomfortable. If you are flippant, they won't take your message to heart.
- Be open to their ideas/responses and set aside your personal biases.

3. Why is it important to educate Sailors and Marines about sex and consent without imposing your personal morals and values?

Listen for:

- If a Sailor/Marine participates in an activity that they believe you disapprove of, and something bad happens, they are less likely to come forward for help.
- Sailors/Marines may tune your message out completely if they feel they are being lectured.
- Sailors/Marines may disregard your message because they feel you are out of touch.

4. Talking about establishing personal boundaries is good. But if handled wrong, such a conversation can be harmful. How?

Listen for:

- If you stress the responsibility of the person communicating boundaries to say yes or no firmly—but don't talk about the responsibility of the initiator to get consent—this may discourage a victim from coming forward to report and/or seek help (he/she may feel at fault—and victims are never to blame).
- During a traumatic experience, a person may freeze and be unable to communicate their personal boundaries.